Learning Centre
Queensland Centre for **Mental Health Learning**

QC23 Forming the Therapeutic Alliance

This one day course provides invaluable practical training for clinicians and professionals across all disciplines and experience levels by enhancing interpersonal skills in creating a collaborative relationship with their client.

A good therapeutic alliance contributes to better client outcomes, therefore this course is recommended as the foundation to all Learning Centre training, providing a solid base for the practical application of therapeutic skills.

The course explores the use of a person-centred approach in the development of the therapeutic alliance and provides opportunities to learn and practice skills based on contemporary empirically supported evidence.

By better understanding the factors that can influence an alliance, an improved awareness of the collective elements can change the outcome of any interaction. This course is ideal for anyone wanting to build strengths in communication practices and enhance clinical practice.

With the practical application of learned techniques explored in group activities, techniques are reinforced in the safety of simulated multidisciplinary settings.

Anticipated learning outcomes:

- define what is meant by therapeutic alliance
- explain a person-centred approach to therapy
- demonstrate the application of interpersonal skills that are characteristic of a person-centred approach to therapy
- demonstrate skills which support and enhance a therapeutic alliance.

When to attend training:

New clinicians: As soon as practical when commencing clinical practice.

Experienced clinicians: Every two years as a refresher to ensure currency with practices, policies and procedures.

Cost: $250
Queensland Health/QAS - Nil (internally funded)

Mode: Face-to-face only

Duration: 1 days = 6 hours active learning for CPD

Aligned to:

- *Australian Guidelines for treatment of adults with acute stress disorder and posttraumatic stress disorder (2007).*

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